

Hurricane Katrina Preventive Medicine Soldier Tip Card

- ▶ The three greatest risks to your health are accidental injuries, heat injury and gastrointestinal diseases (nausea, vomiting, diarrhea) from contaminated food and water.
- ▶ Consume food and water only from approved sources.
 - Consult with unit Field Sanitation Team members or Preventive Medicine assets for approved sources.
- ▶ Water disinfection for drinking purposes will not remove chemical contamination. Do not drink floodwaters.
- ▶ To clean surfaces contaminated by floodwater (not your skin):
 - Wash with soap and water then,
 - Disinfect with a bleach solution: ¼ cup bleach per gallon of tap water. Use caution when handling bleach.
- ▶ The health effects of heat are cumulative. Consider the heat category on the prior three days when using work/rest cycles. Drink water frequently but do not exceed 1.5 quarts per hour. Eat all meals. This is not a time to diet.

- ▶ Human and animal remains do not pose a disease threat for people not directly involved with recovery.
- ▶ For workers who handle human remains:
 - Protect face from splashes of body fluids
 - Wear a cut-proof inner layer glove and latex or similar outer layer
 - Wash hands immediately after removing gloves
 - Receive prompt care for any wounds
 - Participate in available programs providing psychological and emotional support
- ▶ Beware of hazards hidden beneath the water's surface and always remain alert to your surroundings to prevent injury.
- ▶ Avoid unnecessary contact with flood waters, wash hands at every opportunity, and seek medical care for any injury.



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